

A microscopic view of a bed bug, showing its segmented body and legs, set against a warm, orange-toned background. The insect is positioned on the right side of the frame, with its head and front legs visible.

Bed Bugs

Outline

- What they are
- What they eat
- Where they live
- How to think like bed bug
- Prevention and control

Also known as...
chintzes or chinchies
mahogany flats
red coats
crimson ramblers
wall lice
the bug that nobody knows



What is a bed bug?

- A blood-sucking insect
- Most active at night
- Usually feeds at night



Adult bed bug feeding on a human

Bed bugs are health hazards

- Bed bugs do not transmit disease, but they
- cause secondary infections after people scratch their bed bug bites;
 - result in stress, loss of work, loss of sleep, and financial burden;
 - are unwelcome in our homes and workplaces.

Bed bug life cycle



Bed bugs at various stages of growth.

Bed bug behavior

- Hide in cracks and crevices, often in groups.
- Cannot fly, jump, or burrow into skin...they crawl.
- Hitchhike on bags, furniture, wires, or pipes.



Bed bug crawling into a screw hole to hide.

Can be confused with...

- Ticks
- Cockroach nymphs
- Other kinds of bug bites



Tick



Mosquito Bites

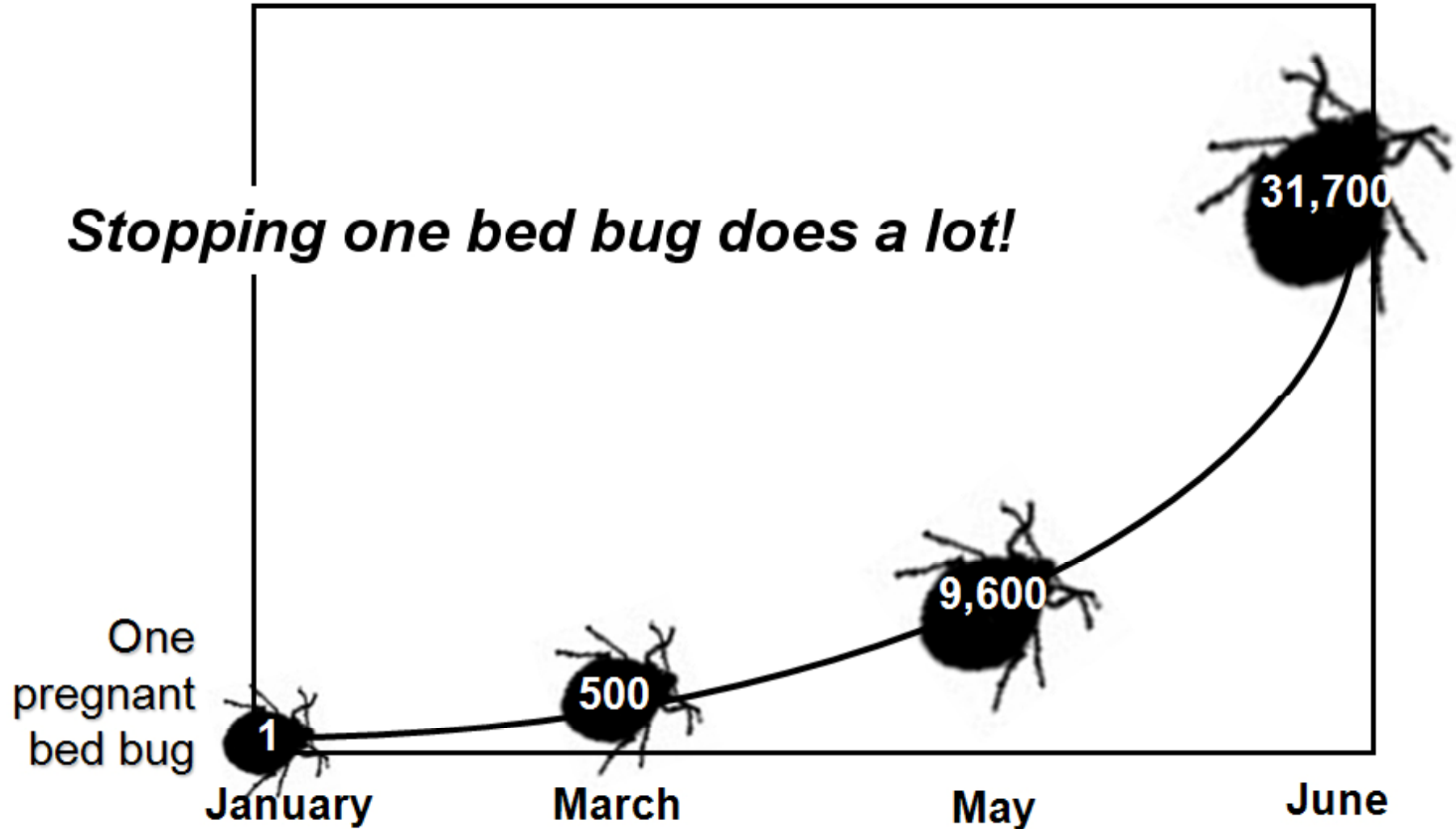


Cockroach Nymph



Bat Bug

One bed bug, HALF a year...



Signs of bed bugs

- Bites
- Blood spots
- Shed skins
- Dead bed bugs
- Live bed bugs



Bites

- Bed bugs cannot be confirmed by bites alone.
- Live bed bugs must be found.

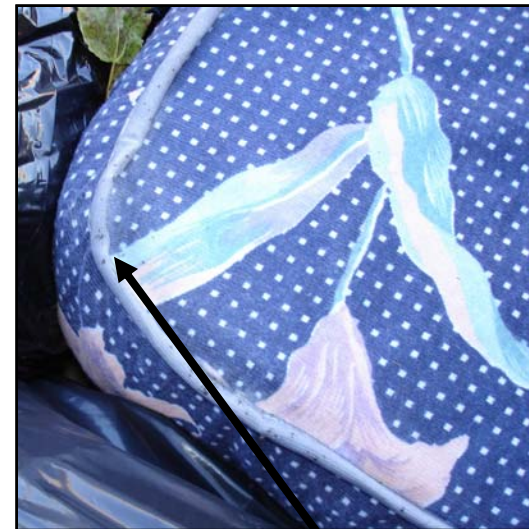


Blood spots

- Blood spots are bed bug droppings.
- Bed bugs cannot be confirmed by blood spots alone.
- Live bed bugs must be found.

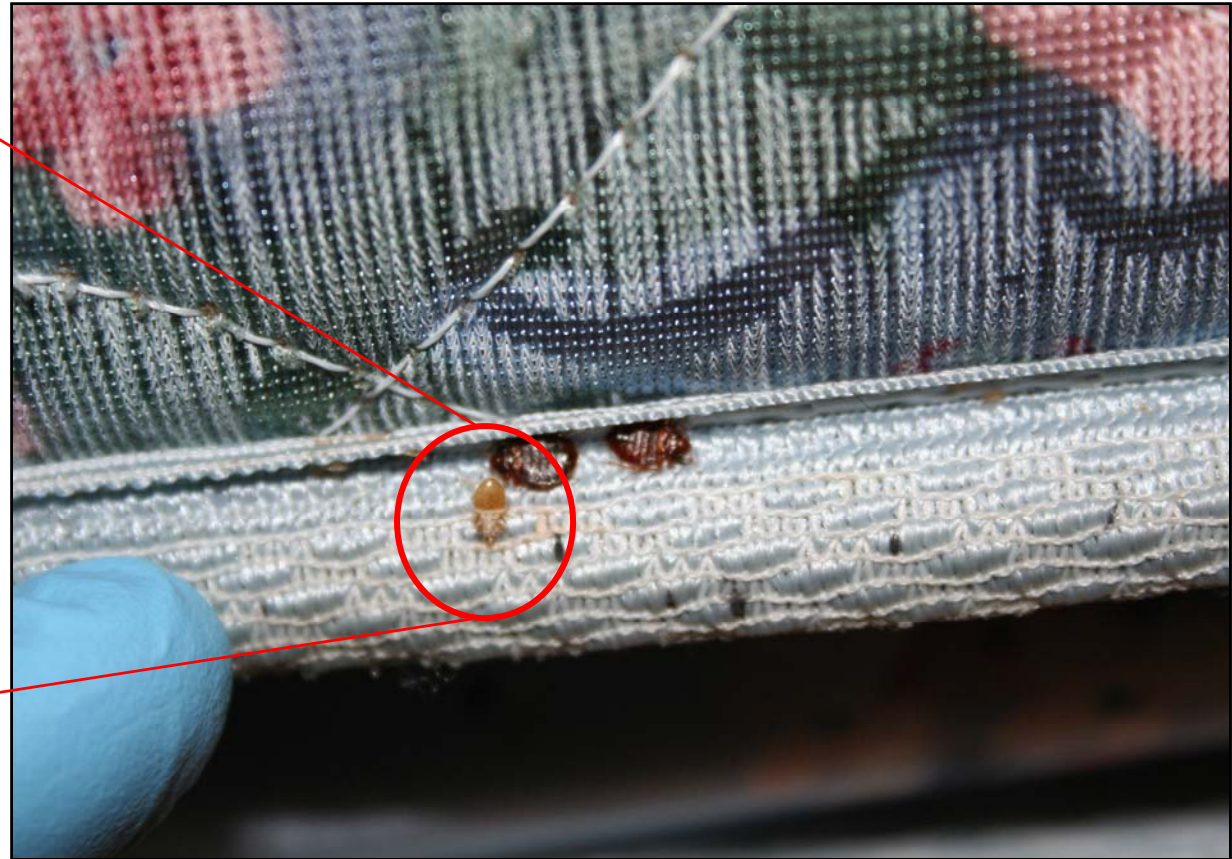


A bad infestation



The start of an infestation

Shed skins

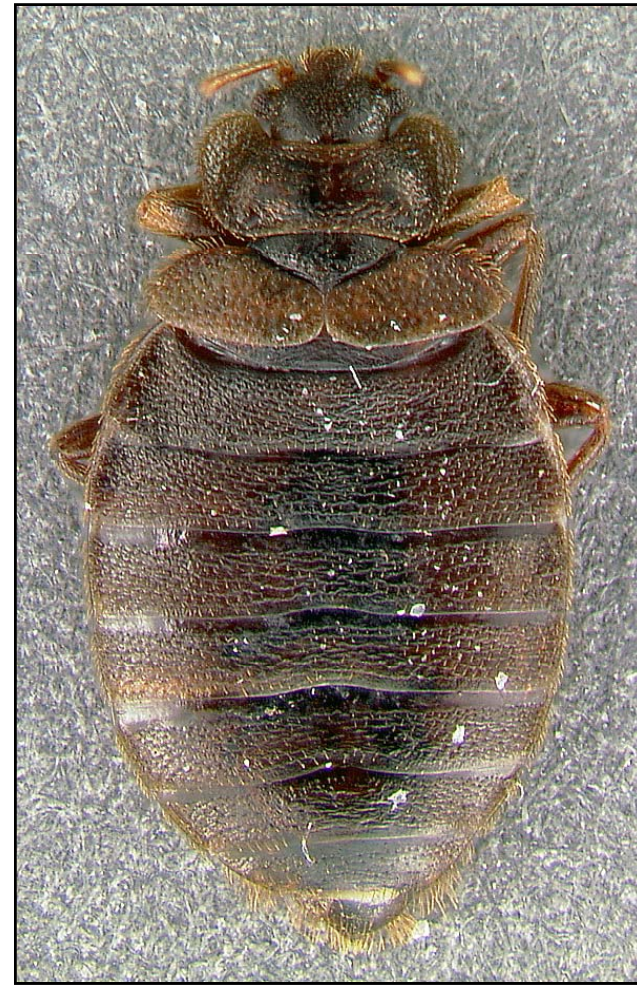


Bed bug signs on a mattress seam

Dead bed bugs



Bottom



Top

What bed bugs eat and drink

Blood



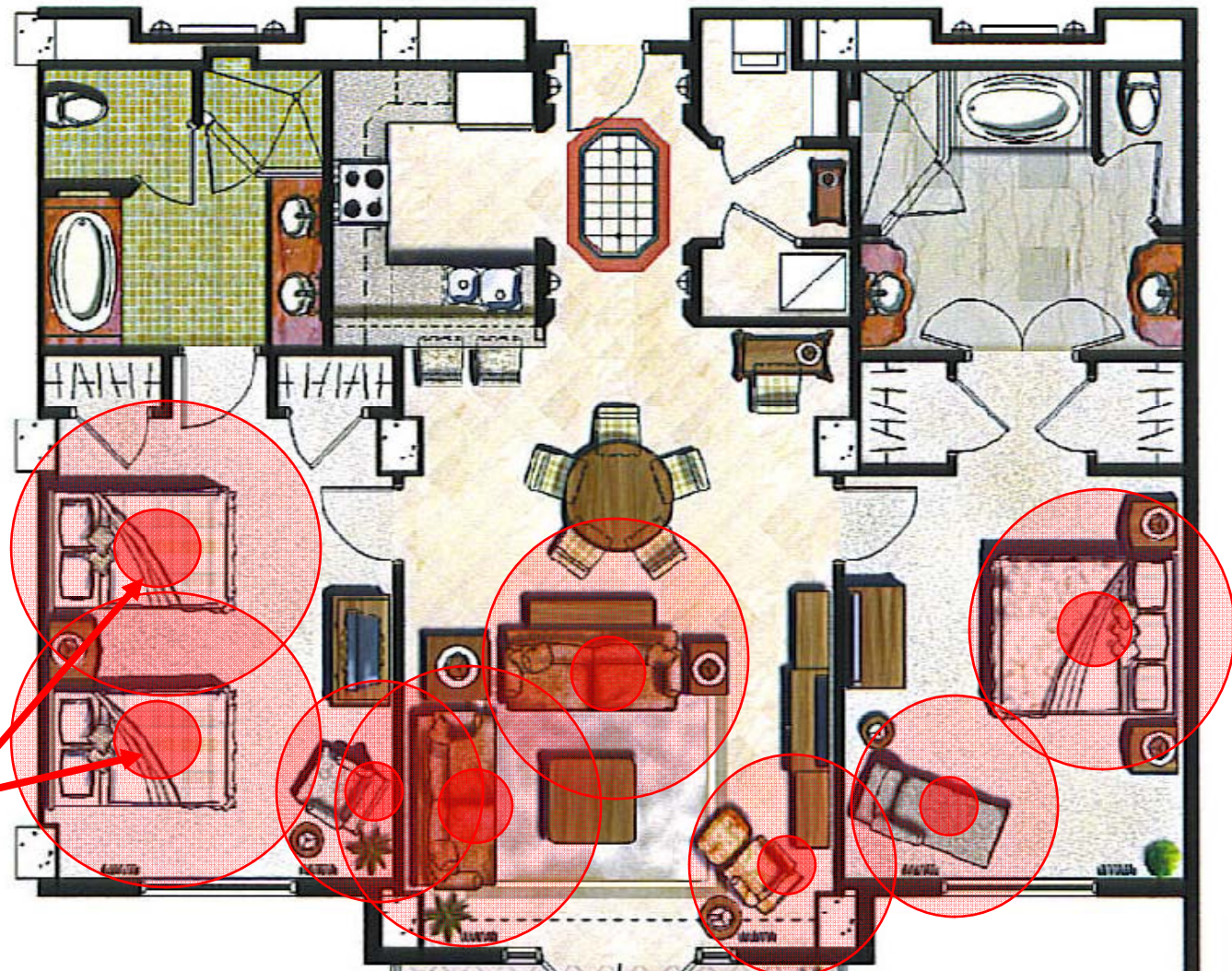
Where bed bugs live

- In the building
- In any crack or crevice where a credit card edge could fit
- In anything near where people rest

Where bed bugs live

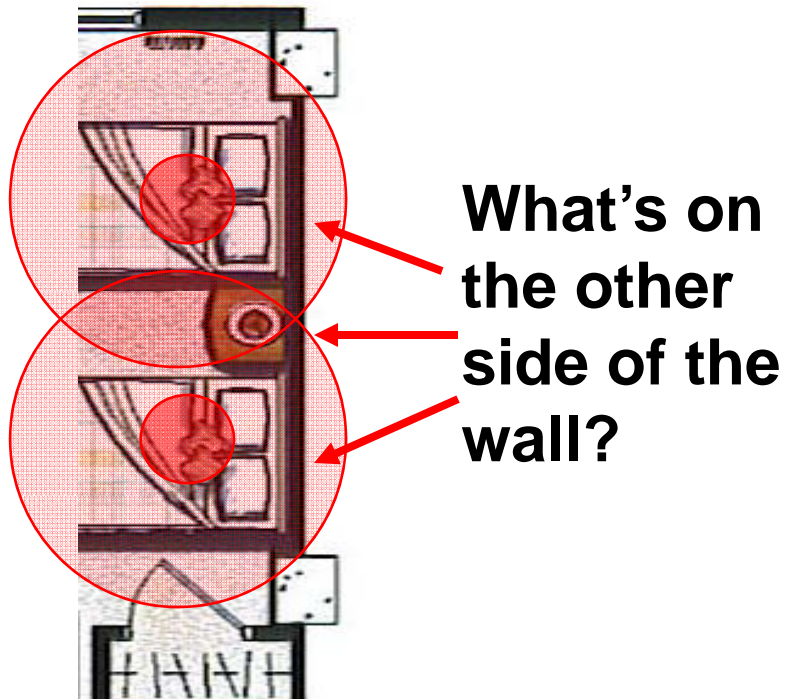
Beds,
sofas,
bedside
tables,
recliners,
picture
frames...

● = Hot Spot



How do bed bugs spread?

- Through walls along wires and pipes
- On anything coming from an infested unit (furniture, backpacks, laundry...)



Think like a bed bug

- After mating once and feeding, a female is ready to lay eggs.
- To avoid dying, a female may go off and find a hiding spot away from other bed bugs.



**Traumatic insemination
(bed bugs breeding)**

Got bed bugs? Now what?

If found and controlled early in the infestation, the spread of bed bugs can be stopped.

The first responses should be to:

- 🐛 Report the problem
- 🐛 Not throw the mattress out—cover it
- 🐛 Not spray—leave this to the PMP
- 🐛 Prevent carrying the bed bugs to other places
- 🐛 Prepare the unit for the PMP

Document all observations

Take action promptly.

Report:

- Date
- What you saw
- What you did (don't spray)



Use a mattress encasement

- Trap live bed bugs inside.
- Zip, seal, and check for rips.
- Leave it on for 1-1/2 years (don't let it rip).



**Mattresses and furniture
don't have to be thrown out!**

Place monitors

- Trap and kill bed bugs
- Determine how bad the infestation is
- Two types
 - Interceptors
 - Portable



Interceptor

Teach people how to control without pesticides

- Follow site-specific instructions from the PMP
- If there is an infested item, the PMP may have the resident:
 - Encase
 - Destroy, dispose, and replace with metal or plastic
 - Heat treat in a dryer
 - Heat treat then isolate in bags or containers

Teach people how to prevent

- Keep coats, backpacks, purses, and bags off beds, recliners, and sofas.
- Don't bring home used furniture.
- Look for signs before sleeping.

Managing bed bugs manages other pests

- Encasing mattresses, vacuuming, and washing bedding will help manage dust mites. (Dust mite frass is the most common cause of asthma.)
- Keeping sleeping areas clutter-free gets rid of mouse and cockroach hiding spots.

The PMP might

- Inspect
- Take apart furniture
- Put infested items in sealed plastic bags or discard heavily infested items
- Use
 - A vacuum
 - Heat or steam
 - Pesticides

Only PMPs use sprays

- Sprays are not effective when used by homeowners for bed bug control
- Sprays cause the bugs to scatter
 - Problem becomes harder to deal with

Do not use foggers and “bombs”



A review of what you should do

- Report the problem
- Encase the mattress and box spring
- Prevent spreading the bed bugs to other places
- Follow the PMP's instructions

Management's role

- Find out the PMP's requirements for unit prep and plan ahead! Example: Who takes apart and reassembles furniture?
- Have the professional inspect and treat units adjacent to the infested one.
- Communicate the situations/populations in units to the professional (respiratory problems, chemical sensitivities, pregnant women, the elderly, or children present).

The PMP's role

- ALWAYS thoroughly inspects the unit and the adjacent walls.
- Provides preparation and follow-up instructions in multiple languages.
- Follows the label—especially when treating mattresses!
- Returns in three weeks to look for and treat hatched nymphs.

Facilities, Maintenance, and Support Services's role

- Empty dumpsters weekly
- Damage furniture left out for the trash so it can't be reused
- Inspect the laundry room weekly
- Help residents prepare—educate and provide physical or financial support
- Be very cautious when working in units—never set items on or under beds, recliners, or sofas!

The resident's role

- Inspect regularly
- Launder bedding regularly
- Report bed bug sightings immediately and seek help from staff
- Use plastic bags when transporting infested items
- Don't bring home furniture found on the street
- Follow preparation instructions from the PMP

Questions?

